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Who will be cracking you up this week

PAGE 19

Films: Not everything is bigger in Texas

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How to host a chic fall dinner party

PAGES 22-23

GETTY IMAGES

New era. Democratic candidate Bill de Blasio easily beat Republican Joe Lhota to become the city's next mayor. **Appealing vision.** His message of championing income equality and taking the city down a different path from Mayor Bloomberg resonated with voters. PAGE 02

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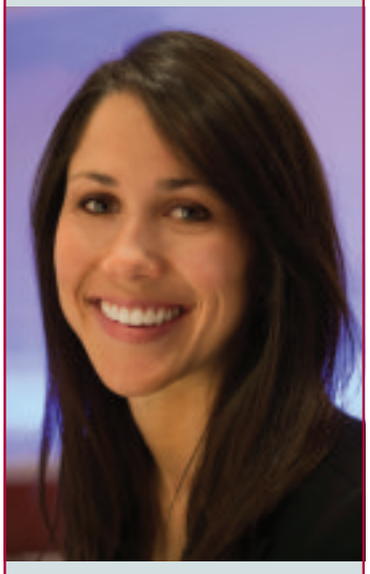

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Quoted

"Most powerfully, we need things like same-day registration and early voting, maybe mail-in voting, the things that will really encourage and increase the amount of voting and participation."

Bill de Blasio on voting reform changes he would like to see

Bill de Blasio said New York City needed to stay true to its progressive roots as it looked towards the future. / BESS ADLER, METRO

Democrat de Blasio wins race for mayor

Blowout. The public advocate will become the first new leader of the city in 12 years.

After months of campaign stops, debates and a heated primary election, Democratic candidate Bill de Blasio is the next mayor of New York City.

"Let me be clear. All of our work is really just beginning. And we have no illusions about what lies ahead. Tackling inequality isn't easy," the public advocate said during a victory speech at the Park Slope Armory Tuesday night.

According to exit poll results, de Blasio defeated Republican Joe Lhota 73 to 24 percent. De Blasio won by the same amount with a quarter of precinct reporting.

"Even though we have our differences, I know he loves the city as much as I do," de Blasio said of Lhota.

A little while after the results came in, Lhota joined supporters with Journey's "Don't Stop Believin'" playing in the background. He called de Blasio to congratulate him at 9:29 p.m., according de Blasio's spokespeople. Current Mayor Michael Bloomberg also called de Blasio.

"It was a good fight, and a fight worth having," Lhota said during a concession speech at the Gansevoort Park Hotel in Manhattan.

In his concession speech, Lhota said he hoped his mayor-elect understands that the city should "move forward, not backward."

"Despite what you might have heard, we are one city," Lhota said, before thanking supporters and staff.

The night got started at de Blasio campaign headquarters with a different candidate: Public advocate candidate Tish James' victory speech was streamed across a big screen, to cheers and applause from her and de Blasio's apparent mutual supporters. James congratulated de Blasio, referring to him as "that tall glass of water."

But her speech was cut short to stream Lhota's concession. De Blasio supporters cheered and applauded as Lhota called on New Yorkers to join him in supporting de Blasio.

During his victory speech, de Blasio said that the city must stay true to its progressive ideals to ensure the New York's brightest days are ahead.

"For generations, New York has meant opportunity. That's what it has been to so many, and that's what it must be again," de Blasio said.

After his speech, de Blasio, his wife and two children did their signature dance move — "the smackdown."

Earlier on Election Day, de Blasio said he was "very optimistic about today."

"I'm looking forward to tonight," de Blasio said after casting his ballot. "I'm very optimistic about tonight."

Lhota added later in the night that he wasn't "going to give a postmortem analysis" after the loss.

"You won't have me to kick around for a while," he said, paraphrasing President Richard Nixon after losing a gubernatorial race in California.

ANNA SANDERS and **DANIELLE TCHOLAKIAN**

Family man

Election surprise for de Blasio

Bill de Blasio did not oversleep the morning of the election.

About 45 minutes late to his scheduled voting time, the Democratic candidate happily explained that his day had already been made.

The candidate said he was "a little sad" because he had been told his daughter Chiara was busy with tests 3,000 miles away at school and would not be able to join him to vote.

"But it turned out that was all a clever ruse perpetrated by my family," he said.

His cousin Vinny showed up at the candidate's home "seemingly innocently" with some breakfast.

"Chiara burst out from the side!" de Blasio said. "It was beautifully staged."

Before the returns

"For generations, New York has meant opportunity. That's what it has been to so many, and that's what must be again."

Bill de Blasio

The good fight

"It was a good fight, and a fight worth having."

Joe Lhota

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Mixed feelings.
Voters divided on casino referendum

The most controversial ballot proposal — number one — would allow up to seven casinos in New York, though gambling ultimately remains illegal statewide.

Voters were divided yesterday, expressing skepticism and support for the referendum.

Supporters said the casinos would mean more jobs and tax revenue for towns and cities to aid schools and lower property taxes.

Democrat Bill de Blasio and Republican Joe Lhota said during a debate that they supported the proposal, but some voters aren't so sure.

"I don't think allowing casinos to flourish here is going to bring the income they're promising," said Andrea Ciannavei, a 38-year-old Harlem resident who voted for de Blasio. She voted "no."

Alphabet City resident Will Murphy, 38, also voted "no."

"I find them very depressing," Murphy said.

But Marvin Simmons, a de Blasio supporter, agreed with the proposal's backers. "Yes to casinos," said the 58-year-old janitor. "More casinos, more jobs, more revenue."

ANNA SANDERS

Proposal One

The referendum would allow up to seven casinos statewide, up to four upstate right away.

- Tax revenue from the casinos would be used to bolster education aid or lower property taxes for municipalities statewide.
- The city has been promised $94 billion in tax revenue for schools.

Bloomberg casts final ballot as New York City mayor

Mayor Michael Bloomberg entered the ballot box for the last time as the mayor of New York City and cast his ballot for the next leader of the city yesterday morning. The third-term wouldn't tell whom he cast his ballot for, saying that it was his responsibility to work with the next mayor whomever that person was.

OFFICE OF THE MAYOR

Upper East Side

Suspects sought in jewelry store robbery

Two hammer-wielding robbers were caught on video robbing an Upper East Side jewelry store Sunday. One suspect rang the doorbell at Travers Fine Jewelry at 962 Madison Ave. about 4:30 p.m., police said. Once they were in, both men waved hammers and shouted, "Don't move!"

The suspects removed jewelry from a case worth about $15,000, police said.

Several employees chased the thieves out of the store. No injuries were reported.

One suspect is described as 5-foot-9 and 165 pounds, wearing a black ski cap. The second suspect is described as 6-foot-2 and 200 pounds, wearing a gray sweatshirt.

LAURA SHIN

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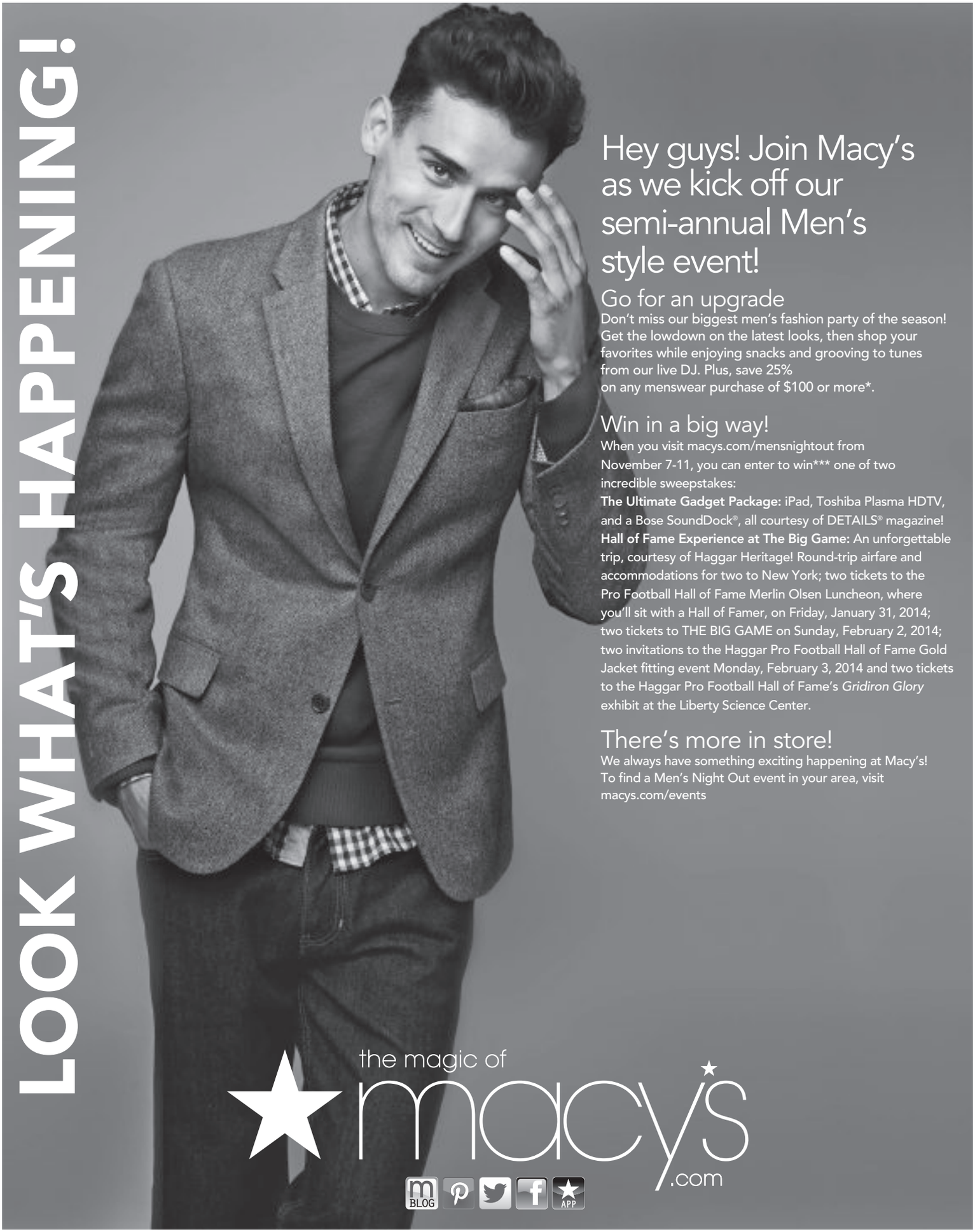

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DETAILS

Screwdriver

Teens, one in rainbow clown wig, arrested in Bronx attack

Police have arrested two teenagers who allegedly attacked a man and tried to stab him with a screwdriver on a Bronx subway train Saturday.

The suspects, one of whom wore a rainbow-colored clown wig, approached the 45-year-old victim on a D train near the 170th Street/Grand Concourse Station about 2:35 p.m., cops said.

The suspects / NYPD

One of the teenagers, wearing a black do-rag, punched the victim while the suspect in the clown wig tried to stab him with a screwdriver.

The suspects then fled in an unknown direction, cops said.

Police are still investigating what led up to the assault, but said that it appeared to be the result of a prior dispute.

Jay Nelson, 17, of 1330 Morris Ave., was charged with assault. Malik Cruz, 16, of 1359 Findlay Ave., was charged with assault and menacing.

The victim sustained minor injuries in the attack and is recovering, police said.

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Supporting de Blasio, some voters are cautious

Voters said they backed Bill de Blasio, but were nervous about whether he could do the things he has promised. / GETTY IMAGES

Looking ahead. Some New Yorkers who voted for the Democrat wonder if 'Mayor de Blasio' will meet their expectations.

After casting a vote for Bill de Blasio yesterday afternoon, Brett Stoudt was somewhat resigned.

"I can't count the ways progressive candidates have disappointed me in the past. I don't want him to disappoint me," the 38-year-old CUNY professor said.

Many New Yorkers voted for de Blasio in the general election over Republican Joe Lhota.

But some voters' support came with reservations, many wondering if a de Blasio administration will be all they hoped for.

James Smith, a house painter who lives in Alphabet City, said he wanted a change from the Bloomberg years. The current mayor came into office the year after Smith moved to the city.

"This city has become more divided under him," said Smith, a 62-year-old de Blasio voter.

Though Smith said he supported de Blasio's "liberal policies," he isn't counting on change.

Despite these doubts, voters were enthusiastic about the public advocate, citing his stance on the controversial police practice of stop-and-frisk and his promises to address income inequality.

Stoudt and other de Blasio supporters hoped that, if elected, he would change the police department — as well as the city.

"If he doesn't make it better, it's not going to be viable for a lot of people to live here," he said.

ANNA SANDERS
anna.sanders@metro.us

Strong forces

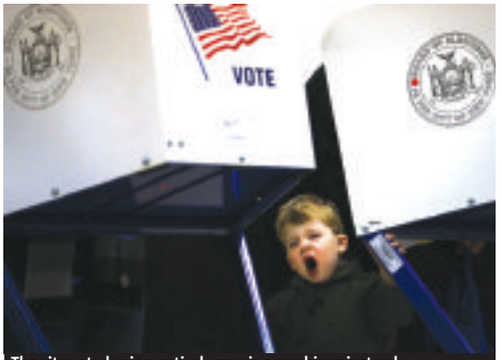
"There are strong forces progressives can crumble to — business, housing developers, the gentrifiers — I hope he stands strong."

Brett Stoudt

Future fights

"I'm worried. Once you get in you got to deal with everyone else's interests."

James Smith



The city voted using optical scanning machines instead of the levers from the primary. / GETTY IMAGES

City grapples with fewer voting issues than usual

Hiccups. Despite a few glitches, voting went smoothly for most New Yorkers.

The embattled Board of Elections once again braved another Election Day.

The general election marked a return to the scan machines, rather than the lever machines used in the primary election.

Asked Tuesday about any issues that had arisen, Board of Elections Executive Director Michael Ryan insisted the problems should be "characterized as an irregularity."

He said they had dealt with issues in the 52nd Assembly District, which extends from below the Brooklyn Bridge toward Fort Greene and Park Slope. He said Borough Hall "was certainly one of the areas that we had an issue" in.

Democratic mayoral candidate Bill de Blasio likened the ballot to a standardized test. He had some suggestions for reform after voting.

"It's not the easiest process, and I think we have to find ways to improve it," he said.

According to the New York Public Interest Research Group, this election day actually saw less problems than previous elections. But the issues in the 52nd Assembly District were serious: Nearly half of the sites there reported broken scanners throughout the day.

DANIELLE TCHOLAKIAN
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New ride

MTA releases Second Avenue subway photos

The MTA says that the construction of the Second Avenue subway is on track and released 22 photos showing the progress that is being made at two new stations.

The photos show the work being done underground at the future 86th Street and 96th Street stops on the Upper East Side. The MTA says that the stations, along with a third one at 72nd Street, are on track to open to the public by December 2016.

The new tunnel / PATRICK CASHIN, MTA

Construction on the $4.6 billion project began in 2007. Local residents and business have complained about the noise, pollution and other violations that the it's brought to the area.

The new line is expected to reduce some overcrowding along the busy Lexington Avenue line. **LAURA SHIN**

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GOP. New Jersey Gov. Chris Christie wins second term

New Jersey Republican Gov. Chris Christie handily won re-election on Tuesday, boosting his widely expected bid for the White House in 2016.

Christie was declared the unofficial winner, within minutes of the polls closing, by CNN, CBS and NBC.

The win by the blunt, tough-talking incumbent was expected by political experts to solidify his standing in the national Republican Party.

Christie — a blunt, tough-talking former prosecutor — has been highly visible working with Democrats, such as newly elected U.S. Senator Cory Booker, the former mayor of Newark.

He is perhaps best known for praising President Barack Obama for his response to New Jersey after superstorm Sandy devastated the state last year — an image that resonated with independent voter Lindsay Wilson, 32, a stay-at-home mother of two. **REUTERS**

Christie / GETTY IMAGES

Quoted

"If an opposing president supports him, he's got to be good. That was huge. ... The Republicans will have a hard time with knowing that he crossed the fence." Wilson

Agency planning for those hit by health care rollout

Law. GOP have opposed the program as an unwarranted expansion of the government.

The Obama administration, beset by criticism over the botched opening of its new healthcare insurance website, says it is working on a plan to appease hundreds of thousands of people whose coverage has been canceled and millions of others unable to enroll.

While much of the criticism has come from Republicans, on Tuesday the head of the agency in charge of implementing President Barack Obama's signature healthcare reform law also came under fire at a congressional hearing from a leading Democratic senator, who said public confidence had been undermined by the flawed launch of the HealthCare.gov website.

Centers for Medicare and Medicaid Services Administrator Marilyn Tavenner testifies before the House Ways and Means Committee on Oct. 29. / GETTY IMAGES

"There's been fear, doubt and a crisis of confidence," said Senator Barbara Mikulski, a Maryland Democrat. "What I worry about is that there's such a crisis of confidence that people won't enroll."

Marilyn Tavenner, administrator of the Centers for Medicare and Medicaid Services, told the Senate Health Education Labor and Pensions Committee that the administration plans to start a four month-long media campaign in selected markets next month aimed at bringing back uninsured Americans, particularly young adults, who were unable to access HealthCare.gov after enrollment began on Oct. 1.

"Our goal is to stabilize the website this month and then we do have a targeted plan that includes not only young people but the large populations of the uninsured," Tavenner said. **REUTERS**

Quoted

"We are working on a plan. This is actually a conversation we're having today. ... Is there a way we can actively engage to reach out to people who have been canceled?"

Marilyn Tavenner
Administrator of the Centers for Medicare and Medicaid Services told a Senate oversight hearing

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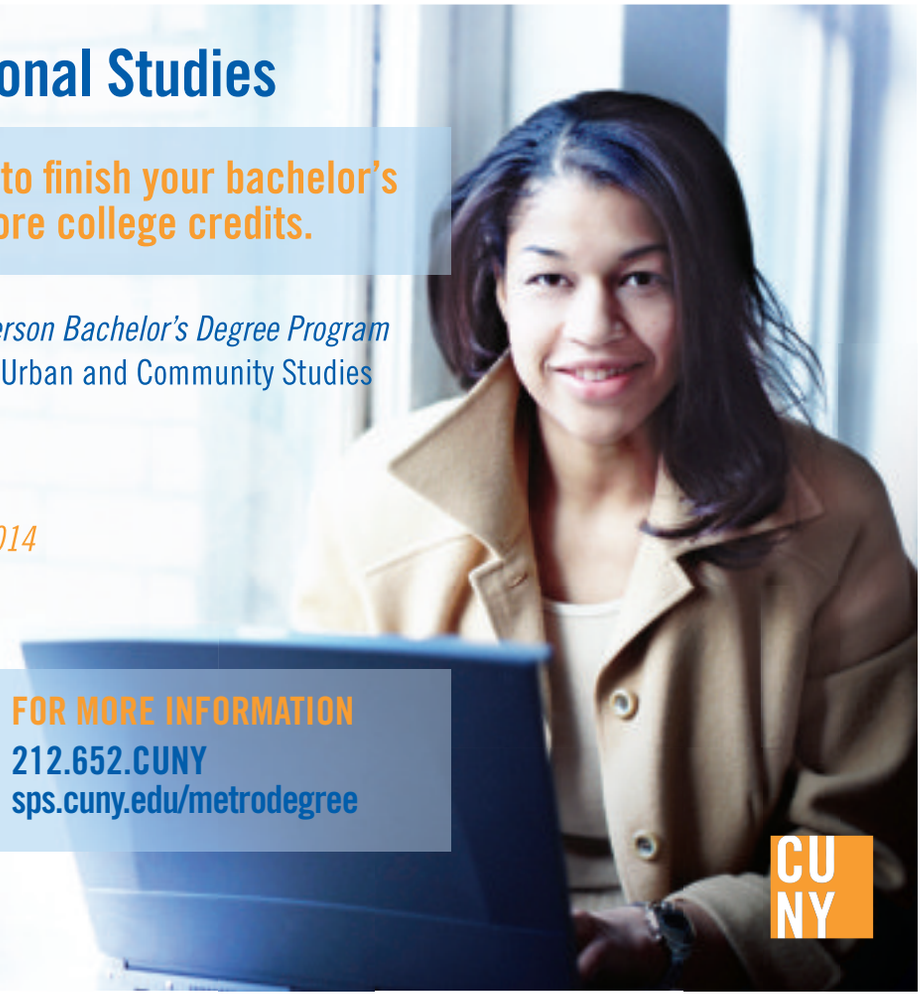

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New service. Google offers live video chats on range of topics

Google Inc. is launching a service that lets consumers pay for live video chats with experts who can provide everything from step-by-step turkey cooking instructions to marriage counseling.

The Google Helpouts service, introduced this week, features roughly 1,000 partners in fashion, fitness, computers and other topics, available for live, one-on-one video consultations. The video sessions can be as short as a few minutes or can last several hours, depending on the topic, with pricing set by each individual provider.

The video consultations represent an expansion of Google's traditional Web search service, which for years has answered consumers' questions by pointing people to the most appropriate Web page. **REUTERS**

Google / GETTY IMAGES

Toronto Mayor Rob Ford admits he smoked crack

Staying put. Ford said he will not resign or take a leave of absence from his position.

Toronto Mayor Rob Ford admitted yesterday that he has smoked crack cocaine, probably "in one of my drunken stupors," but insisted he's not an addict.

Speaking just days after Toronto's police chief confirmed that police have recovered a copy of a video that two media organizations have said shows the mayor smoking the drug, Ford told reporters he had smoked crack, perhaps about a year ago.

"Yes I have smoked crack cocaine," Ford said in his first admission of drug use after six months of evading the question.

"But, no, do I? Am I an addict? No. Have I have tried it? Probably in one of my drunken stupors, probably approximately about a year ago," he said.

Ford repeated yesterday a plea to the police to release the video, which he told the Toronto Sun newspaper was probably "not pretty." He said he would not quit or take a leave.

Ford has already apologized for "mistakes" in his past, admitting to being "hammered" at a street festival this summer and drunk at city hall afterhours on St. Patrick's Day last year. **REUTERS**

Rob Ford / GETTY IMAGES

Media calls him out

All four big Toronto newspapers have urged him to quit.

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Good and bad

AOL ad sales rise, but Patch sites weigh on profit

AOL Inc. reported higher-than-expected third-quarter revenue on increased advertising sales, but earnings fell sharply because of challenges at its network of community news 'Patch' websites.

AOL said it took a pre-tax restructuring charge of $19 million and an impairment charge of $25 million, both related to Patch, sending income down 90 percent to $2 million. **REUTERS**

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NYC Environmental Protection

NOTICE OF PUBLIC HEARING

NOTICE OF A JOINT PUBLIC HEARING of the Franchise and Concession Review Committee and the New York City Department of Environmental Protection (DEP) to be held on Tuesday, November 12, 2013 at 22 Reade Street, Borough of Manhattan, commencing at 2:30 p.m. relative to:

INTENT TO AWARD as a concession a sole source license agreement (Agreement) with Brooklyn Union Gas Company d/b/a National Grid, N.Y. (Licensee) for residual digester gas recovery operations at the Newtown Creek Wastewater Treatment Plant through the use of the National Grid Purification System (System), for one twenty year term.

After the 5th year of the concession, and every year thereafter, Licensee shall pay to the City one-half of any accumulated Surplus produced by the System (as defined in the Agreement). At the end of the term, the parties will reconcile any accumulated deficits and Surpluses.

LOCATION: A draft copy of the Agreement may be reviewed or obtained at no cost, commencing on Thursday October 31, 2013 through Tuesday November 12, 2013, between the hours of 9:30am – 12:00pm and from 1:00pm -4:00pm, excluding weekends and holidays at the DEP offices, located at 59-17 Junction Blvd, 17th floor, Bid Room, New York, NY 11373.

Individuals requesting Sign Language Interpreters should contact the Mayor's Office of Contract Services, Public Hearings Unit, 253 Broadway, 9th Floor, New York, NY 10007, (212) 788-7490, no later than SEVEN (7) BUSINESS DAYS PRIOR TO THE PUBLIC HEARING.

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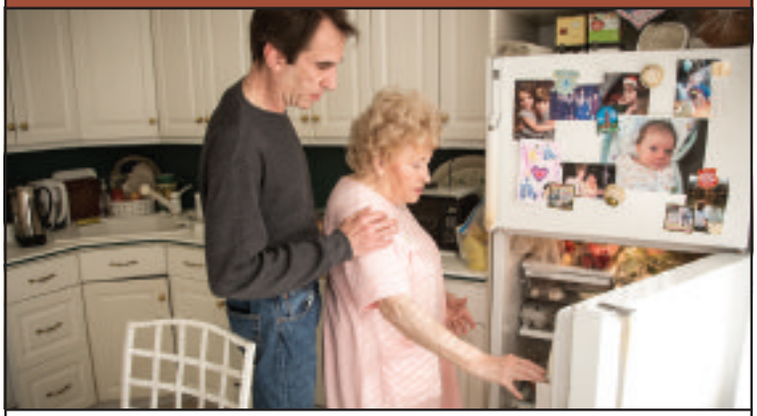

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Day 3: Temp enjoys Thursday meal special at Mister McFunbury's

Metro exclusive

DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the first installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Rarely have I ever felt so much like Sigourney Weaver at the end of an Alien movie. Around me nothing but casualties and disaster while I, Shannon the survivor, exit the doomed mothership to hop into a taxi to go on my glamorous date with a high-flying Asian businessman.

"Where to, Miss?"

"Mister McFunbury's."

"The one where they had the hostage taking last September?"

"No, the one by the off-ramp that takes you to the oil refineries."

"Right."

Mr. Xu (pronounced Mr. Shoe) was standing by the cigarette machine as I was told he would be. He wasn't hot, but he wasn't unhot, either — that's an important distinction. He was my age — late 20s, kind of Banana Republic-y, and he was quite relaxed given the clattering of walkers stemming from "It's A Senior's Shrimpy Thursday!"

"I'm Shannon."

"I am Mr. Xu."

"Let's grab our seats."

We sat down, and my first instinct was to figure out Mr. Xu's language capacity. "How long have you been in the city?"

"Two very glorious nights."

"I'm glad they've been glorious. Is your hotel OK?"

"Most gracious hotel. Thank you."

Oh dear. I was going to be sitting with a fortune cookie all night. Well, OK. "Why don't we get into the McFunbury's spirit, Mr. Xu?"

"That would be most excellent."

I'm not totally proud of myself, but I went right for the booze — we hadn't even ordered food and I was trashing the three Sarahs.

"My issue with Sarah No.1, Mr. Xu, is that on the first anniversary of Whitney Houston's death she Facebooked: 'One year later, heaven took an angel from Earth too soon.'"

"Most unfortunate."

"I'll say. And my issue with Sarah No. 2 is that at a Friday staff lunch she suggested 'we girls' go off on our own and have a 'cuddle puddle' to discuss things 'the boys just wouldn't understand.'"

"So sorry."

"And my issue with Sarah No. 3 — killer martinis, by the way — is that she insists on microwaving popcorn with that nauseating fake butter smell. She says, 'Well I think it smells like fun. If you don't like fun then I feel sorry for you.'"

"Most ungracious."

I stared at the laminated menu. "What do you think you'll order, Mr. Xu?"

He then looked at me and said, "Well, I'm not feeling very surf-and-turfy — you know, it's a mood that you're either in or you're not. And I kind of carbo-loaded at lunch — doing a half marathon in three weeks — so I guess I'll get a clubhouse with McFunbury Sauce on the side. You?"

"You, Mr. Xu, are a total dick."

"Let us both have one more most glorious martini. Clean or dirty?"

TO BE CONTINUED ...

Sigourney Weaver as Ripley in "Aliens." / PROVIDED

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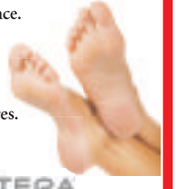
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.



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1

A 'Glee' spin-off in the works?

"Glee" is not long for this world. Next season will be its last, which makes sense, since all the original characters will have graduated by then. But some "Glee" faves are already well-positioned to break free of the high school format: namely Rachel (played by Lea Michele), who's been in New York launching her theater career since last season.

Is it possible that "Glee" could ditch its vestigial high school sets and live on as "The Rachel Berry Show"? Very possible, according to Radar, which claims that "Glee" creator Ryan Murphy is working to launch a spin-off vehicle.

"They're making the deals now, and it also presents a viable exit plan for the main 'Glee' series itself — in that some of its core cast would also migrate to the Lea Michele project as 'Glee' is showing signs of aging," a source says.

I wonder what cast members would make the jump. Chris Colfer and Naya Rivera are already New York-based — but Murphy is reportedly considering shipping Chris to Russia.

"We are mulling around the idea of moving Kurt (Chris Colfer) to Russia," a "Glee" source tells E! Online. No word on what his storyline would be, but since gay rights are under siege in Russia, that seems a likely motivation for the move, and wow, does that seem like a bad idea. I applaud "Glee"'s willingness to tackle tough issues unironically, but human rights crises generally don't get solved with jazz hands. MELINDA TAUB

2

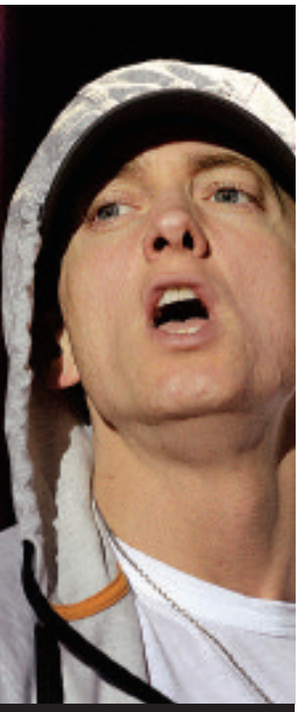
Eminem doesn't mean for gay slurs to insult gay people

Eminem is totally cool with gay people, OK? You may not have gotten that impression from his derisive use of "gay-looking" and "f—t" on his new album, but allow him to clear up the confusion: He was just using "gay" as an insult, not to mean gay. Right.

Eminem says that when he began his career, he "never really equated those words" with actual gay people.

"It was more like calling someone a bitch or a punk or a—hole," he told Rolling Stone. "So that word was just thrown around so freely back then. It goes back to that battle, back and forth in my head, of wanting to feel free to say what I want to say, and then [worrying about] what may or may not affect people."

Phew! I'm sure the gay community is glad they got that cleared up. And I'm sure we'll all sleep better knowing that no one is restricting Eminem's freedom to say what he wants to say, even if what he wants to say is "f—t," a lot. MELINDA TAUB



Eminem says that when he began his career, he "never really equated those words" with actual gay people. / GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

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3

You can visit Princess Diana's grave site — for a price

For a mere $13,000, you can stay where the late Princess Diana is buried.

In a declasse move that probably has The Queen frowning very deeply indeed, Charles Spencer, Princess Diana's brother, is renting out his family's ancestral home. The Althorp estate in Northamptonshire, England, was recently profiled by Conde Nast Traveler as a rental property. "It does not get much grander than this," the mag wrote, failing to mention the whole sleeping-near-a-burial-ground thing.

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

John Cusack is content and Kirstie Alley needs help.

@johncusack: Watching the brilliant "hannah and her sisters" by the maestro woody Allen - a great American film with wonderful actors everywhere

@kirstiealley: Tech geniuses..my twitter wouldn't work AT ALL for 2 days..it would kick me out! what technically would cause that? other than hate crimes?

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Matthew McConaughey plays a homophobe who gets AIDS in the 1980s in "Dallas Buyers Club." / GETTY IMAGES

McConaughey is

Transformation. The actor swears losing weight for "Dallas Buyers Club" was fun.

By the time Matthew McConaughey signed on for the long-in-development "Dallas Buyers Club," it had become one of those projects many in Hollywood assumed would just never happen. The film, about real-life HIV patient Ron Woodroof (McConaughey), has had several actors attached over the years without going forward. So what changed with McConaughey? He willed it into production through massive weight loss.

McConaughey famously dropped 47 pounds for the role, filming at an alarming 137 pounds, and as far as he was concerned once the weight started coming off, the train had left the station. "There were many times as we were approaching, people were going, 'It's not going to happen. How about pushing it to spring?'" McConaughey remembers. "And I was like, 'You're going to make me go through Christmas and four more months of this? You want me to be 110? No!'"

As much attention as his weight loss has gotten — he says he's gained back 40 of the 47 pounds — McConaughey doesn't think it's that big of a deal. "The body's much more resilient than we give it credit for sometimes," he says. "You're reminded of that especially after women give birth. It really can rebound."

In fact, he'd even go so far as to call losing all that weight fun. "Even the hard work is fun. The going down 47 pounds was fun," he says. "It's a singular focus, to have something to

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enjoying his big comeback

Scott Takeda and McConaughey get serious in the film. / ANNE MARIE FOX, FOCUS FEATURES

grab onto and say, 'Let's see where we get to and what we do.' That's fun."

"Dallas Buyers Club" serves as a kind of culmination of a remarkable career renaissance for McConaughey over the past two years, when he returned to film after a brief break with a string of remarkable, off-kilter roles in "Bernie," "Killer Joe," "Mud" and "Magic Mike."

As for what sparked the change, McConaughey gives full credit to his wife and two young children. "This is a really healthy time in my career. I'm enjoying and loving acting more than I ever have," he says. "I've got a really great support system in my family. They allow me to put the blinders on.

"I've got a wife who allows me to not have to look in the rearview mirror. And I'm still getting time with my family — and if anything I'd say kids sure help the job I do. They sure remind you that we're playing make-believe, so let's make them believe. They sure remind you to be goofy as hell if you want to, which just frees up the instrument so that it's really working; when you're acting, you're not really acting."

Quoted

"It's a singular focus, to have something to grab onto and say, 'Let's see where we get to and what we do.' That's fun."

McConaughey, on losing 47 pounds for "Dallas Buyers Club."

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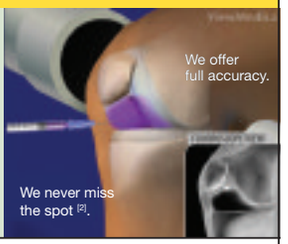

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It's 'About Time' for a good comedy

Domhnall Gleeson plays a man with mild time-travel powers in "About Time." / GETTY IMAGES

Rom-com.
Domhnall Gleeson tackles his fear of being funny.

First off, it's pronounced "Dough-noll." Second off, Domhnall Gleeson is fast becoming a major film presence. He popped up as Bill Weasley in the last two "Harry Potter" films, a franchise that also employed his father, Brendan Gleeson. With supporting turns in "True Grit," "Dredd" and "Anna Karenina" under his belt, he moves to a headlining role in "About Time," playing a man who can time-travel for rom-com king Richard Curtis ("Love Actually").

Were you a fan of Richard Curtis before?
When I was a kid, we had three VHS tapes in the house. There were highlights from the Brazil '70 World Cup. There was "E.T." And there was "Mr. Bean." Then there's "Notting Hill." I don't go and see romantic comedies a lot, but "Notting Hill" is one [and] whenever it is on I find myself watching.

People often forget that Curtis once wrote very unromantic dark comedies, like "Blackadder."
He's got a dagger that he will slice in every now and then. His outlook on life is same as his movies: full of hope and beauty and looking for the moments that matter. There are those people who consider themselves positive people and probably are, but it is relentless. After a while you want to say, "Will you shut the f— up and let me be depressed for a little bit? I'm enjoying it." Richard — there's a purity about it, and a wicked sense of humor. Those two things together do make the world a better place when you're around him.

Still, he's not afraid to be sentimental.
People can be ashamed of sentiment. It's become a dirty word, sentimentality, because I think it's been cheapened so much by so many bad movies, frankly, which exploit it to try and affect people. I think what's lovely is Richard means it, instead of it being just a hollow attack on your tear ducts.

You have a good relationship with your own dad. How was it working with Bill Nighy as your father?
Our big scenes together were toward the end of the shoot, so we kind of knew each other when we did them.

You do a lot of serious work: Dickens, Tolstoy, serious theater. What was it like doing breezy and funny?
The responsibility of going to work and having to be funny is really scary. Because if it's not funny, you can feel it's not funny. But when you can feel "I think if I was watching this I would be amused" — when you feel that, man, you're just floating on air all day.

Q&A

Leading man

How nervous were you of carrying a big movie for the first time?
You're aware of the responsibility. But I know I work really hard. I prep like a f—er. I was still very nervous for the first two weeks on set. But being there every day does loosen you up. You get used to being on set.

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5 Things you didn't know about Girls' Generation

Girl power. The South Korean stars won big at the YouTube Music Awards. So just who are they?

Girls' Generation beat out Lady Gaga, One Direction, Justin Bieber and more big names at the YouTube Music Awards. /GETTY IMAGES

Though the pop group won by popular vote at the first annual YouTube Music Awards, which included live performances by Eminem and Lady Gaga, not many people in the U.S. have heard of South Korea-based Girls' Generation.

When co-host Reggie Watts announced the group's win for their flashy, dance-filled music video "I Got A Boy," the audience clapped politely but awkward confusion loomed over the largely American crowd.

So who are Girls' Generation, and how did they win one of the biggest awards from this year's show?

Here are five things you need to know:

1 Two of them are American: Though all of the members share Korean heritage, Tiffany and Jessica were both born and raised in the United States. They were scouted and brought to Seoul, South Korea, to be part of Girls' Generation and finished high school there.

K-pop takeover

3 They've been around since 2007: The nine-member group has been popular in their native South Korea since 2007. They broke into superstardom with their hit "Gee" in 2009.

2 They may release an all-English album in the United States: Girls' Generation is in talks with Interscope Records to release a full-length American album based on their Korean album "I Got a Boy," according to TIME.

4 They've sold millions of albums: The band, along with Psy of "Gangnam Style," is the face of the "K-pop" (Korean pop) genre not just in their home country but also in other parts of Asia, especially Japan, where the group released special versions of their albums.

5 They're so famous, someone recognized their limbs: One member told the New Yorker about the time a few of them tried to go out and disguise themselves, but fans recognized them by the shape of their limbs. "It's just so freakishly cool!"

ANDREA PARK
andrea.park@metro.us

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TV watch list

DRAMA

'American Horror Story: Coven'

Zoe discovers a new power. Whatever it is, it's got to be better than the "gift" of killing boyfriends with her lady parts. Worst. Power. Ever. **10 P.M., FX**

AWARD SHOW

'CMA Awards'

What is Dave Grohl doing at the 47th annual Country Music Awards? Tune in to find out, we guess. **8 P.M., ABC**

COMEDY

'It's Always Sunny in Philadelphia'

In this episode, the gang tries to make amends with old foes. Please tell us this means a return of Cricket — and the McPoyles! **10 P.M., FXX**

ALEXANDRA CAVALLO

Zoe the witch is clearly not pleased with her original power. / MICHELE K. SHORT, FX

'X' marks the spot for local singer

TV. NYC student Khaya Cohen is in the Top 12 on "The X Factor."

"I'm a small white girl and I like to sing big soulful songs," says 16-year-old Khaya Cohen, an Upper West Side high schooler who's trading in her pencils and textbooks for a stint on "The X Factor."

Cohen has placed in the Top 12 of this season's reality show singing competition and is killing it: Simon Cowell compared her to Amy Winehouse and Adele, and mentor Demi Lovato told her that she was "so excited to hear a voice like [hers]." We snagged a few minutes with the budding star.

It seems like there'd be so much pressure in this kind of environment.
I'm not really here to be super-competitive, I'm just here for the experience. I'm learning a lot from people in the industry and just from being in L.A. I'm just here to see what happens and play the game until it's over. I'm definitely gonna go back to high school and go to college, so for me it doesn't really matter what place I end up in, because the end result is probably gonna be the same.

Have you been able to stay in touch with your family and friends throughout this experience?
I wish [my friends] could come and watch me, but air fare's expensive and they're all busy. My parents have been rotating being my guardian out here, so I always have a parent at the shows. We're in a hotel and it's just me and my dad right now.

So there's no "X Factor" house for the contestants?
They had that last year, but it really didn't work well. Plus people would get sick and then everyone would get sick, and it was so far from the place where we practiced every day. Everyone would have to be there really early and then a bunch of people would just end up sitting around because there'd be nothing for them to do.

What's your relationship like with Demi Lovato?
It's only the second week [of live performances], so I've only met with Demi twice so far, but she listens to our songs and gives us criticism and also plays a role in what happens onstage — like, are there gonna be dancers? What [are we] gonna wear? There are other people behind the scenes doing a lot of the work, and she's there to oversee it.

What kind of advice has she given you?
It's kind of weird for me to be getting advice from someone who's not that much older than me, but she's really experienced and she does know what she's talking about and she's given me some pretty good advice, [like] to just open up. She told me to watch videos of my favorite performers and just be inspired by them.

Whose performances have you been watching?
Amy Winehouse, Joss Stone, Adele — they don't move a lot onstage but they're still very commanding.

MEREDITH ENGEL
meredith.engel@metro.us

Watch Cohen on "The X Factor" Wednesday and Thursday nights on Fox. / PROVIDED

There isn't one

What's a typical day like for you?

You never really know your schedule. At like 9 or 10 o'clock I'll be texted with my call time for the morning, so I'll go and then we get either driven to the studios, or if there's a photoshoot we'll get driven somewhere else, or we just film at the hotel. Then every day I have school; I usually go to the studio for school. Then we do interviews, filming, vocal coaching or vocal routining [picking our songs for the broadcast], so there's always something to do.

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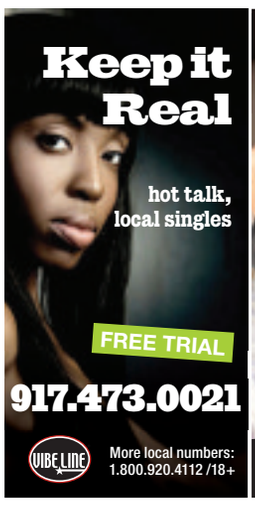

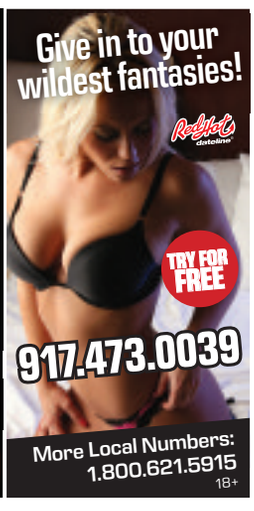

Almost famous

Now in its 10th year, the New York Comedy Festival brings big laughs to town through Nov. 10. You could be predictable and see Stephen Colbert, or you could find a new favorite tailored to your funny bone. **JANET CHOI**

You want someone with mad chops and mad props

SETH OLENICK

1 Hannibal Buress

This festival headliner might not be a household name yet. But Buress has written for "SNL", appeared on "30 Rock," co-hosts "The Eric Andre Show, and hosts a weekly comedy show at the Knitting Factory. What better endorsement than this one from Chris Rock: "If Steven Wright, Mos Def and Dave Chappelle had a baby, that would be disgusting, but it would sound like Hannibal Buress: the funniest young comic I've seen in years." **Tonight, 8, NYU Skirball Center**

You want hosts with the most

MANDEE JOHNSON / PROVIDED

2 The Meltdown with Jonah and Kumail

Jonah Ray and Kumail Nanjiani's weekly showcase features a veritable who's who of comedy in the back of a Los Angeles comic book store. The caliber of talent that has come through prompted Comedy Central to greenlight a series for 2014. **Saturday, 7:30 p.m., Bell House**

You like it smart and fast

3 Moshe Kasher

Also coming to a TV near you is Kasher, who's developing a series with Showtime based on his engaging, whipsmart stand-up and his 2012 memoir, "Kasher in the Rye: The True Tale of a White Boy from Oakland Who Became a Drug Addict, Criminal, Mental Patient, and Then Turned 16." **Nov. 10, 10 p.m., UCBeast**

NEW YORK COMEDY FESTIVAL

You love stand-up and improv

PROVIDED

4 Set List

Stand-up and improv are like two funny kids who run with different crowds. But Set List, hosted by Paul Provenza, hilariously forces them to become BFFs. Randomly arranged comedians (Thursday night's include Nick Swardson and Jim Norton) must try to elicit laughs about surprise topics like "explaining Twitter to Jesus" and "tickling = solution to world peace?" **Thursday, 8 p.m., Comedy Cellar**

You want to discover an up-and-comer

5 The Grawlix

This Denver-based trio (Ben Roy, Adam Cayton-Holland, Andrew Orvedahl) is a comedic Voltron. Individually, they are making ever-growing appearances at prestigious festivals and on television. Together, they consistently sell out their monthly show. They also wrote and starred in the underdog favorite of the Amazon Studios TV pilot contest earlier this year (but lost to shows starring John Goodman and Ed Begley Jr.). **Friday, 8 p.m., Union Hall**

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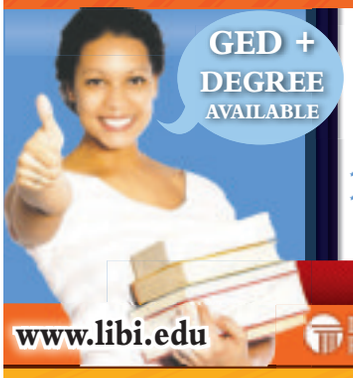

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Cheapest

$279K

The least expensive property this week is a studio at 235 W. 102nd St. Marketed by Margaret Basset Real Estate, this co-op features oak floors and beamed ceilings. Building amenities include doorman, live-in super and roof deck.

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US homeownership rate holds near 18-year lows

Real estate.
Many Americans still don't own their homes.

Homeownership in the United States held near 18-year lows in the third quarter, suggesting the housing market was still struggling to overcome challenges brought on by the recession.

The seasonally adjusted homeownership rate, the share of households owning a home, held at 65.1 percent, the lowest since the fourth quarter of 1995, the Commerce Department said on Tuesday.

The rate peaked at 69.4 percent in 2004. Stubbornly high unemployment and stringent lending practices by financial institutions have now put the American dream of owning a home out of the reach of many residents.

Although the unemployment rate has declined significantly from a peak of 10 percent in October 2009, it remains at an uncomfortably high 7.2 percent. About 21.5 million people are either unemployed, working only part-time despite wanting full-time work or want a job but have given up the search.

Investors, wanting to take advantage of the rising demand for rental accommodation, have partially driven the housing recovery. But the home sales pace has slowed in recent months as potential buyers balk at higher mortgage rates.

With the share of first-time home buyers hovering well below levels that economists and real estate professionals consider ideal, there are concerns the higher borrowing costs could hold the homeownership rate near current lows.

Homeownership was high among people 65 years and older, but remained low in the under 35 years age group. REUTERS

Renting

Rental vacancy rate inches up

The residential rental vacancy rate rose a tenth of a percentage point to 8.3 percent in the third quarter. Despite the increase, it was well below a peak of 11.1 percent in 2009.

In the third quarter, the median asking rent was little changed at $736.

By the numbers

65.1%

Seasonally adjusted homeownership rate, the lowest since 1995

The American dream of owning a home is sadly out of the reach of many. / GETTY IMAGES, CREATAS RF

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AVA High Line

A fall party fit for any space

Entertaining. Party planner Andrea Correale sets the table for an autumn bash at your place.

If you're tight on space, set up a food station in the kitchen, says Correale. / FUSE

When it comes to party planning, a lack of square footage can quite literally cramp your style. But your small apartment doesn't necessarily mean you're off the hook for hosting duties. Celebrity caterer and home entertaining expert Andrea Correale proves that with the right setup and seasonal elements, hosting a fall dinner soiree is totally possible.

Map out your space

"To me, it's all about logistics — it's really creating a space within your space," says Correale, president of Elegant Affairs catering. "So many of the apartments are so small, how do you invite 10 to 20 people to this space?"

The key she says is to consider where people congregate. "The bottom line is, wherever you put the bar, that's where people are going to go first to mix and mingle," says Correale. "So wherever your biggest space is, that's where you should set up the bar." She also emphasizes making use of what you have, or

Mini pumpkins make for easy and inexpensive decor. PROVIDED

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26	2 Bedroom	$916	2 3 4	$32,233 - $34,400 $32,233 - $38,700 $32,233 - $42,950
2	3 Bedroom	$1,054	4 5 6	$37,200 - $42,950 $37,200 - $46,400 $37,200 - $49,850

# APTS AVAILABLE	APARTMENT TYPE *	MONTHLY RENT **	HOUSEHOLD SIZE *	TOTAL GROSS ANNUAL INCOME RANGE *** MINIMUM-MAXIMUM
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4	1 Bedroom	$595	1 2	$21,500 - $24,080 $21,500 - $27,520
5	2 Bedroom	$723	2 3 4	$25,800 - $27,520 $25,800 - $30,960 $25,800 - $34,360
1	3 Bedroom	$831	4 5 6	$29,767 - $34,360 $29,767 - $37,120 $29,767 - $39,880

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ANDREW M. CUOMO, Governor
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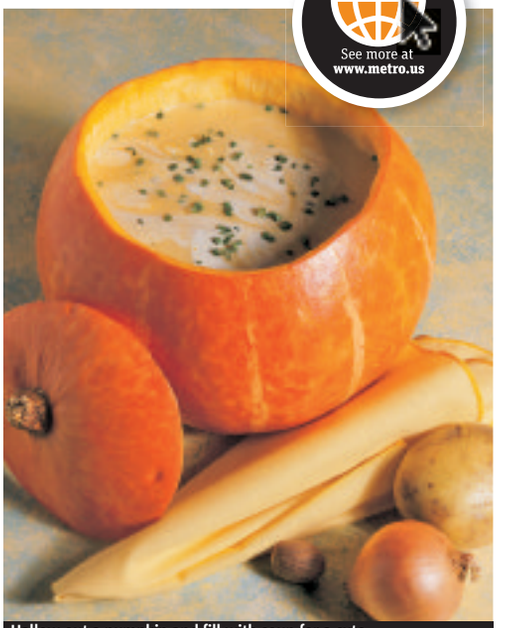
Invest in a table setting that boasts fall blooms and no one will notice that broken lamp. / PROVIDED

See more at www.metro.us



Hallow out a pumpkin and fill with soup for a cute and crafty display — take that, Etsy! / STOCKBYTE

getting it out of the way. "If you have a TV unit, or a bookshelf, clear off what's normally there and use those shelves for glasses," suggests Correale. "Or maybe you want to remove a piece of furniture to open up the space to create a flow."

Set the tone

Ultimately, you want guests to feel warm and welcome. "If you don't have a fireplace, light lots of candles," says the party expert. "Tantalize the senses with a pot of fresh apple cider on the stove. Let that permeate through the house. As soon as guests come in, greet them with a little sake cup of soup that warms them up and sets the tone for the fall party."

Focus on the theme

In this case autumn. "It's all about nature," Correale says. "I love using things that come from a wooded area. It could be acorns, chestnuts, artichokes or pears. I use any kind of pumpkin, gourd or eggplant. Anything that represents harvest."

Correale suggests filling bowls with your nature knickknacks for your centerpieces or investing in a beautiful tablecloth reminiscent of the season.

"On the dining room or the kitchen table, you want one focal piece that screams the season," she says.

ANISA ARSENAULT
letters@metro.us

Serve this

It's really all about the food

Of course, guests will be attracted to a table if it's fully stocked with good eats. Correale suggests making a singular flavor the theme. "Sometimes [for fall] I'll make pumpkin the theme," she says. "First I'll pass out a pumpkin soup in little sake cups. Then we'll pass out bowls of pumpkin gnocchi or ravioli. You can do roasted pumpkin fries, which are baked in the oven with maple and curry and cumin."

Another way to fully utilize space and get guest involved she says is to set up a soup bar right on your kitchen stove. "Have two really graceful soups on the stove," Correale says. "One can be a pumpkin bisque, another can be a corn potato leak soup. Put out a tray of either carved-up pumpkins or bread bowls, and let people help themselves."

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Check it out

Our favorite grunge/punk look makes a comeback for fall.

In our opinion, plaid has always ruled. From the Kurt Cobain to Angela Chase "My So-Called Life" in the grunge era, from the hipster lumberjack resurgence to dad's work gear, it's a look that's both comforting and cool. Recently we credit Dries Van Noten's lust-worthy spring 2013 show — filled with diaphanous checked shirts constructed in feminine taffeta and organza — for sparking the fashion world's current obsession with plaid, tartan and houndstooth prints. For fall, designers showed various takes on the style, from refined and structured (Stella McCartney and Celine) to dark and glam (Givenchy and Louis Vuitton) to pain grunge (Saint Laurent). One thing's clear: There's a version of the trend perfect for your wardrobe.

Paired with florals, a la Givenchy, is our favorite way to wear the trend this fall.
GETTY IMAGES

Checks create bold graphic outerwear at Stella McCartney.
GETTY IMAGES

1

Mango

Combi print dress, $59, Mango.com

2

Club Monaco

Samira plaid wool leather coat, $389, ClubMonaco.com

See more at **www.metro.us**

3

ASOS

Africa shirt in check, $71.19, ASOS.com

4

Topshop

Tartan check balloon trousers, $84, Topshop.com

5

Madewell

Shirttail skirt in windowpane plaid, $98, Madewell.com

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6

Equipment

Shane plaid crew-neck sweater, $288, Shopbop.com

7

Zara

Checked coat, $239, Zara.com

The new trend in fitness: Not even going to the gym

High-speed. Save time and money by streaming a workout in your living room.

Mary Helen Bowers calls streaming workouts "the future." / BALLET BEAUTIFUL

Move over, boring fitness videos — trainers are now conducting classes that you can stream online, in real time. Expect all the same rigors of your gym workout, minus the communal showers.

Virtual instructors, like Marc D. Thompson, are able to charge nominal fees for live sessions.

Thompson runs his Skype-based personal training service, VirtuFit, from his home in South Florida. In 2008, his wife passed away, leaving him home with a 4-year-old daughter who was not yet in school. He was looking for a way to continue his personal training career while caring for his daughter. He tried a Skype session with one client and it went so well that he's spent the last five years training exclusively via the platform. He charges $30 per half-hour session.

"I was like, 'Wow, this is not only easy for me, but this is very valuable, and now I can do something at home with my daughter,'" he says. "Now I've trained almost 20 others to do this, and I'm referring more work than I'm taking."

One concern that Web workout-phobes might have is that they won't get helpful feedback without a trainer in the same room, at the ready to adjust their form or assist in a move. Thompson is quick to negate this, saying that he can see "what happens visually to a body" when it's in an improper form.

"We have to eliminate this hands-on approach, because it's easier for the client but it's a disservice," he says. "Throughout the long-term, you need to be able to get yourself into position. … I would rather spend five minutes with my client having them get in position on their own, than five seconds of me putting them into position and them not being able to do that the next day. The learning curve is a little slower than when I'm in a studio, but the retention is immediate and I never have to deal with it again."

Elaine Meier, a public relations professional in Florida, has been a client of Thompson's for about six years. She says "the flexibility of being able to work out anywhere I am" is what she most enjoys about her Web-based workout, which she takes part in three times a week.

"I skip a lot of lunches I'm supposed to be at — I sort of work my schedule around his workouts," she says. "I know how easy it is to let it go and it really means a lot to me, so I try to participate wherever I am. I don't need to miss class, even if I'm on vacation."

MEREDITH ENGEL
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Mary Helen Bowers

The leader

As Natalie Portman's trainer for "Black Swan," professional ballet dancer Mary Helen Bowers found that traveling with the star meant she couldn't always be in NYC for her clients, so she took her business, Ballet Beautiful, online in 2010. She was one of the first in the industry to do so, she says.

"I think it's the future," she tells Metro. "From a business perspective, you have [a larger] scale." Bowers' clients around the world log on to take part in her private and group ballet classes. You might think that an A-list trainer's class is out of your budget, but Bowers charges only $35 for a group lesson, similar to Thompson's rate.

The instructor says that streaming workouts are the next best option for those who can't get to a class on the regular.

"Maybe I'd prefer to sit down in person and have coffee with a friend, but sometimes all I have [is] FaceTime," she says. "You're getting all the benefits with the added bonus of saving time."

Another option

Do it on the cheap

Crunch Live recently launched with classes in five categories: Chill Out, Chisel It, Dance Rhythms, Sexy Series and Throwback. Signature Crunch gym classes, like Yoga Body Sculpt and Rear Attitude, are on the menu, which is open to members and non-members alike. The streaming workouts are not real-time classes taking place at Crunch gyms, but they are pre-taped, with Crunch members in the background. New workouts and playlists are continuously uploaded. Subscribe for $9.99 per month, and learn more at www.crunchlive.com.

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Do you really have low testosterone?

If you're not bulking up, don't assume it's due to "Low T." / GETTY IMAGES, PURESTOCK

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Men's health. Rest assured — you probably don't.

There's good news for men who are worried about having low testosterone, or "Low T." According to Dr. Michael O'Leary, an associate professor at Harvard Medical School who specializes in urologic surgery and male infertility, much of the hoopla is product marketing and not an indication of a major epidemic.

"The direct-to-consumer marketing makes men ask themselves if they have it and they probably don't," says O'Leary. "Those ads are nauseating. It's a real condition for some men, but it is rare, especially for younger men."

Testosterone is a hormone necessary for normal male development that's produced in the testicles, and O'Leary says, "Even men with only one testicle produce enough to be healthy."

At around age 40, testosterone production decreases as part of the natural aging process. Some in the medical community call the drop Testosterone Deficiency Syndrome. It's associated with decreased sex drive, fatigue, mood changes, insomnia, erectile dysfunction, decreased muscle mass and loss of hair, but in some cases, may present no noticeable symptoms. However, O'Leary is skeptical.

"Those symptoms could be anything and if there are no symptoms then it's likely there isn't a problem," he says.

Low testosterone treatments available include skin gels and injections that introduce more of the hormone into the body. According to the New York Times, such prescription skin gels made more than $2 billion in sales in the U.S. last year, and they're expected to earn more than $4 billion by 2017. However, there are dangers.

"Supplementing testosterone in young men can cause infertility," O'Leary says. "I am extremely hesitant to treat young men with testosterone and risk decreasing their fertility.

"Testosterone is an important hormone for health," O'Leary adds. "But it's not a panacea and should be used very cautiously."

The makers of two testosterone gels, Axiron and AndroGel, remained confident in their mission when they spoke to the New York Times earlier this month.

LINDA CLARKE
letters@metro.us

Healthy lifestyle

Don't assume

"Men shouldn't jump to the conclusion that because they feel tired or have a low libido that they have low testosterone," says O'Leary. "People are working long hours and have stressful lives. Obesity doesn't help — that much we do know. Men who eat a fatty diet have more estrogen, which lowers testosterone. We don't know if a healthy diet prevents low testosterone, but a healthy lifestyle will make it less likely to occur."

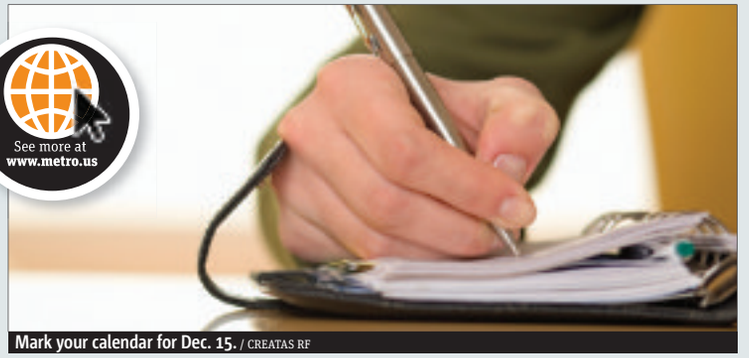
Quoted

"Testosterone is an important hormone for health. But it's not a panacea and should be used very cautiously."

Dr. Michael O'Leary,
Associate professor at Harvard Medical School

Explaining the Affordable Care Act

The Affordable Care Act deadlines you need to know



Mark your calendar for Dec. 15. / CREATAS RF

There are two important dates you should keep in mind regarding the Affordable Care Act:

1 Dec. 15, 2013 This is the last day that you can buy insurance through your state's health care exchange if you want to have health insurance coverage on Jan. 1, 2014. This is especially important if you are one of the 10 million people receiving letters from their current health insurers informing you that your coverage is being terminated at the end of the year.

2 March 31, 2014 There are two reasons to pay attention to this date.

This is the last day to sign up for health insurance coverage on your state's exchange. Yes, you will still be able to buy health insurance outside of the exchange after this date, but if you are eligible for a subsidy, you will forfeit that money for 2013. You'll have to wait until the exchange reopens in October 2014 to purchase a subsidy-eligible plan.

March 31 is also the last day that you can enroll AND avoid the Affordable Care Act tax penalty for not having insurance. The tax penalty for not having health insurance is a minimum of $95 but can go as high as 1 percent of your taxable income, whichever is greater.

Yes, the exchanges are off to a rough start, especially in the 36 states that are relying on the federal government's technology platform. So what do you do if you can't sign in to your state's exchange or don't trust that it's working properly? Use the time between now and Dec. 15 to do your homework.

Think ahead about the health care you may need over the next year. Make sure you do your research to know what doctors and hospitals you want to have access to with "in network" benefits. Then, spend time online comparing the benefits, premium costs, out-of-pocket expenses and most importantly, the network of doctors and hospitals included under various plan options. Make a smart and informed decision.

Every week, Archelle Georgiou, MD, strategic adviser at HealthGrades, will explain one facet of the Affordable Care Act.

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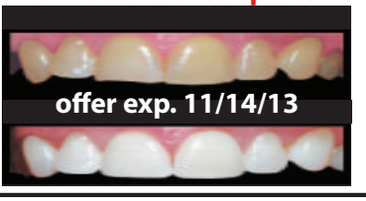
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This week in health

Single dose of HPV vaccine may be enough

Location of study: Costa Rica
Study subjects: Blood samples from women who did not get the prescribed three doses
Results: Women vaccinated with one dose of a human papillomavirus (HPV) vaccine produced antibodies against the viruses, which remained stable in their blood for four years, according to a study published in Cancer Prevention Research, a journal of the American Association for Cancer Research. This result implies that a single dose of vaccine may be sufficient to generate long-term immune responses and protection against new HPV infections, and ultimately cervical cancer. This study was conducted using the HPV vaccine Cervarix on a small number of subjects and does not apply to popular HPV vaccine Gardasil, which has not been tested for single-dose efficacy.
Significance: Mahboobeh Safaeian, Ph.D., a cancer epidemiology and genetics investigator at the National Cancer Institute, says the results "challenge previous dogma" about the vaccine.

One dose of the HPV vaccine could do the job. / GETTY IMAGES, FUSE

Natural lighting may help patient health

Location of study: U.S.
Study subjects: 40 hospitalized adults
Results: Changing the lighting patterns in hospital rooms to align them more with normal sleep cycles could reduce fatigue and pain, and help patients feel better, according to a study published in the Journal of Advanced Nursing.
Significance: Though findings are preliminary, lead researcher Esther Bernhofer, a registered nurse at the Cleveland Clinic, says that more studies "would determine if lighting interventions could offer unique, cost-effective ways to more effectively address the problems of sleep-wake disturbances, distressed mood and pain in hospitalized patients, providing for overall better patient outcomes."

Buyers fall for false food ads

Location of study: U.S.
Study subjects: Data
Results: A new survey from the Leanwashing Index — a public service website that asks consumers to watch food and fitness ads, then rate their authenticity — found shoppers regularly take words like "whole grains," "natural," "healthy" and "light" at face value without looking beyond the description.
Significance: Seventy percent of respondents said it's the FDA's job to enforce honesty in food marketing.
LINDA CLARKE

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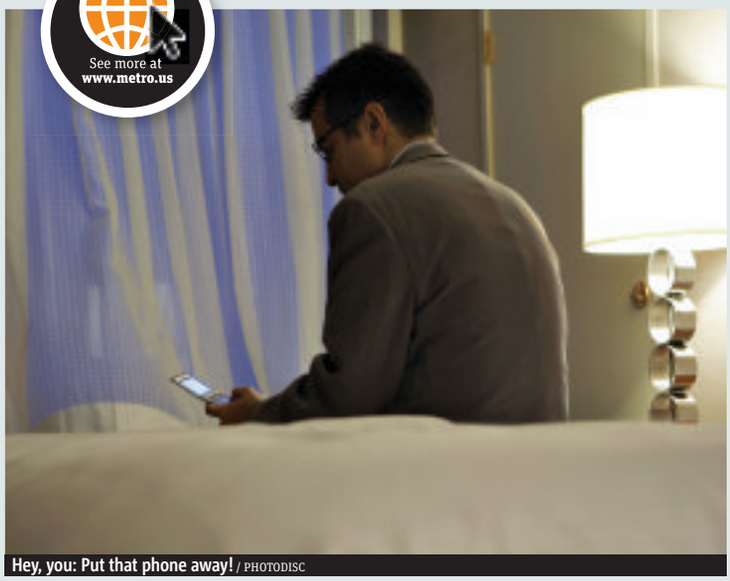
Health notes

Scary statistic

More than 60 percent of respondents to a survey from Novosbed said they use their smartphone in bed before going to sleep. Data has shown that stepping away from your phone before bedtime can help improve your quality of sleep.

See more at www.metro.us



Hey, you: Put that phone away! / PHOTODISC

Want to work out for free?

You've got two options. First, New York Sports Club is celebrating the release of "Thor" this weekend with a specially themed workout that's free for members and non-members alike through early December. Get class times and locations at www.mysportsclubs.com. Secondly, EmblemHealth has partnered with the Chinese-American Planning Counsel in Manhattan's Chinatown and with the Bedford Stuyvesant Restoration Corporation in Brooklyn to offer free fitness classes and seminars, including Afro-Caribbean dance tomorrow at 6:30 p.m. and an autumnal cooking demo Nov. 13. See all the classes and register online at www.emblemhealthlivehealthy.com/upcoming-events.

Remembering 'Philadelphia'

Nov. 12 is the 20th anniversary of the landmark AIDS film "Philadelphia," and the Columbia University Medical Center is honoring the occasion with a daylong series of events, featuring theaterical and musical performances, plus a panel with the creative team behind the movie. Tickets are $20 with a Columbia ID and $50 for the general public at www.narrativemedicine.org/philadelphia.html.

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Are any of these symptoms familiar to you?

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- ☐ Difficulty to begin to urinate
- ☐ Dribbling after urination ends
- ☐ Decrease in size and strength of stream
- ☐ Bladder never feels empty
- ☐ Pushing or straining to urinate
- ☐ Multiple trips to urinate at night

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Jed Kaminetsky M.D., a board certified urologist, will be discussing the several options that can be used to treat BPH symptoms. He will also present The Rezum System, an investigational device designed to improve symptoms caused by BPH. If you decide to continue treatment with Dr. Kaminetsky, most insurances will be accepted. If you choose the Rezum Investigational device, and qualify, all testing and treatments are of no cost.
In addition to BPH, other topics will be discussed, such as low testosterone and erectile dysfunction.

Date:	November 11, 2013
Time:	Registration: 6:00pm & Seminar: 6:30pm
Place:	Manhattan Medical Research
Address:	215 Lexington Ave, 21 floor, New York, NY 10016

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Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Open communication will help clear up uncertainties. Questioning your relationships will help you make a wise business choice.

♐ Sagittarius | Nov. 22-Dec. 21. Take precautions and don't say or do something that can come back to haunt you. An innovative way of offering assistance will help you keep a secret.

♑ Capricorn | Dec. 22-Jan 20. Your ability to get the job done will result in more opportunities. Dedication will result in raising your standard of living.

♒ Aquarius | Jan. 21-Feb 18. Rethink past mistakes to avoid making a poor choice now. Don't be afraid to make a decision.

♓ Pisces | Feb. 19-March 20. A contract or financial deal will pay off. A project will have its problems, but also its advantages. Filter through your options and take what works for you.

♈ Aries | March 21-April 20. Keep your head down and your work up to date. The more you can accomplish, the easier it will be to put an emotional issue on the back burner.

♉ Taurus | April 21-May 21. If you mingle and ask questions, you will receive an invitation to share ideas with influential peoples.

♊ Gemini | May 22-June 20. Not everyone will be looking out for your best interest. Don't let anger take over. Make subtle alterations that ensure safety.

♋ Cancer | June 21-July 22. Participate in activities or events that will allow you to use your skills, creativity and charm to connect with people who can enrich your life. A joint, service-oriented effort will turn out well.

♌ Leo | July 23-Aug. 22. Don't back down from a challenge; dealing with each demand quickly and efficiently will be the way to maintain control.

♍ Virgo | Aug. 23-Sept. 22. Talks will lead to resolutions. Your ability to see both sides will put you in a good position. Romance will improve your life.

♎ Libra | Sept. 23-Oct. 22. Take care of responsibilities and don't let anyone get to you emotionally. Accept the inevitable and work on a stable project.

BERNICE BEDE OSOL

Sudoku: Easy and hard

				1		2	6	
	8				7			
		6	3					8
4	5	7		6			2	3
3				5				7
6	2			3		4	9	5
9					6	5		
			4				8	
	1	3		7				

					9	3	1	
					1	6		
	1		7	5	2	4		8
	8	3			4			2
				8				
6			9			8	4	
8		2	4	9	5		3	
		1	3					
	3	9	2					

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

An oily relationship

John Kerry and his meeting with Saudi Foreign Minister Prince Saud el-Faisal was laughable, in a depressing kind of way. The U.S.-Saudi alliance is enduring for oil, and oil alone. Both Kerry's and el-Faisal's comments about wanting peaceful negotiations on the Syrian conflict come only after Saudi Arabia's funding of radical rebels has largely been unsuccessful there (and the fact that no one wants these rebels to take over power). This is thanks to the international community.

MAYSOON DAYOUB, VIA EMAIL

Not all that glitters should be worn in daylight

Re: 'Pulling off gold makeup' (Metro, Nov. 5) Gold, metallic, glittery makeup during the day?? I think not. It looks so garish. Maybe if you were going to the opera. Or you were in the opera.

FRAN MANNIX, VIA EMAIL

Girls, don't have a cow

Re: 'US girls keep hitting puberty at earlier age' (Metro, Nov. 5) While increased caloric intake can contribute to the onset of early puberty, let's not neglect to mention the many studies that have determined that increased consumption of meat and dairy products are also a major cause. A study done in England in 2010 showed results of girls getting their period earlier as the ones eating the most meat. High dairy intake has been associated with breast development and early menstruation. Parents need to be aware of the growth hormones given to the millions of cows in this country.

KAREN MARTINEZ, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

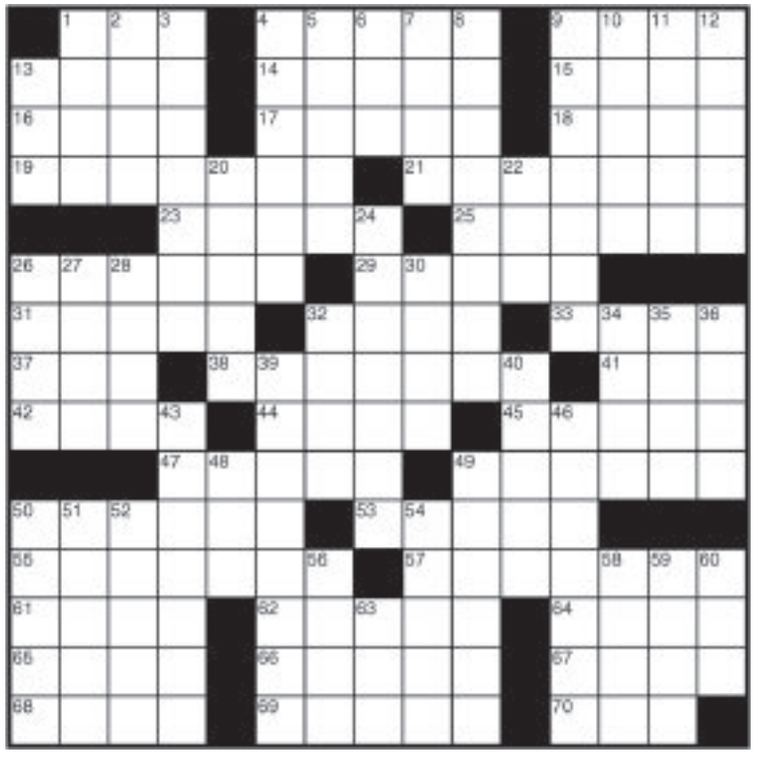
Across

1 Once around the track
4 Quay
9 Ming thing
13 "Bhagavad- —"
14 Vietnam capital
15 Game-show name
16 Hoople of the comics
17 Rocker -- John
18 Painted tinware
19 Toaster snack (2 wds.)
21 "The Ancient —"
23 Formal, maybe
25 Most pleasant
26 Ski run
29 Cold-weather drink
31 Antique brooch
32 Lavish attention
33 Koh-i- — diamond
37 Back when
38 Sustain
41 Groove
42 Flat-topped hill
44 Boxy vehicles
45 Humble
47 Archaeology find
49 Clowns' device
50 Hesitate
53 Ursa Major neighbor
55 Edible lizards
57 Team member
61 —, vidi, vici
62 Snowy
64 Butter substitute
65 MIT grad
66 Blake of jazz
67 Feds (hyph.)
68 Courtesy env.
69 Brat, plus
70 Over there

Down

1 Large sedan
2 Sleep like — —
3 Delinquent (2 wds.)
4 "— the beef?"
5 Puts an end to
6 Aardvark prey
7 Motel vacancy
8 J.P. Morgan's specialty
9 Cardinal's home
10 Without help
11 Graf rival
12 Wield, as authority
13 Blank space
20 Pyromaniac's work
22 John Wayne's "— Lobo"
24 Disdained
26 Hoax
27 Hamster's digs
28 RN employers
30 Elevator pioneer
32 Like some controls
34 Paperless exam
35 Supplant
36 Hwys.
39 Intimidated
40 Door in a plane
43 "Silk Stockings" hoofer
46 Life study
48 Dice throw
49 Glossy fabric
50 Some bills
51 Booster rocket
52 Respiratory organs
54 Math figure
56 "Soapdish" actress
58 Brat in "Blondie"
59 High schooler
60 Long time
63 Noted blue-chip

Yesterday's answer



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Curses, foiled again

MLS playoffs. The Red Bulls host the second leg against the Dynamo tonight with a historic rut to break.

Mike Petke doesn't believe in curses and doesn't think you should either. Tell that to the fans at Red Bull Arena. / GETTY IMAGES

In a season when the Curse of Caricola was broken, the Red Bulls are setting out to break what might perhaps be a new curse: the postseason curse of Red Bull Arena.

Since moving into Red Bull Arena in 2010, the franchise has never won a playoff game in their comfortable confines, let alone register a single result at home. The Red Bulls' last home playoff win came Oct. 22, 2005, in a 1-0 win over New England, a game played at cavernous Giants Stadium.

The lack of results at home explains why the Red Bulls have never won the MLS Cup.

"I honestly want to know, and please raise your hand here, does anyone believe in a curse? Seriously? Does anyone believe in exorcising? I think it's hilarious," head coach Mike Petke said. "I know it's a question we have to ask and I know it makes a great headline. I said it yesterday, I said it last week, this is not last year's team, this is not the previous year's team — far from it. What happens [tonight] has nothing to do with a curse or anything but us getting ourselves prepared for that game. At the end of the day, I have confidence in my guys."

The team has had unparalleled success over the previous three years, including winning the Eastern Conference in their inaugural season at Red Bull Arena and making the postseason each season.

But playoff success has been hard to come by for the franchise. Over the past three seasons, the team is a cumulative 2-4-1 and has never advanced beyond the conference semifinals. And of course, they've never won a home playoff game.

KRISTIAN DYER
sports@metro.us

Curse of Caricola

For those not well-versed in the history of the Red Bulls, formerly the Metrostars, Nicola Caricola went down in infamy after scoring a last-minute own-goal in the franchise's opener in 1996. They hadn't won any trophies, until this year's Supporters' Shield, since.

Quoted

"I'm not going to point to last year and say out of my mouth that we weren't prepared. But maybe I am saying that with my answer."

Mike Petke, Red Bulls head coach
On his team's readiness for the second leg tonight (8 p.m., MSG)

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NFL power rankings | by Mike Greger

No. 1

Seahawks (8-1)

It has now been two weeks in a row that mighty Seattle almost fell to inferior opponents. That also makes two weeks in a row they dug deep and somehow pulled out the win. If they have another poor showing against Atlanta — a team that appears to have given up — then we'll start worrying. For now, we are still thinking championship thoughts.

No. 2

Chiefs (9-0)

It's a simple formula for Kansas City: Let Alex Smith manage the game, run Jamaal Charles into the ground and wreak havoc on defense.

No. 3

Colts (6-2)

Andrew Luck now has 10 game-winning drives in the fourth quarter or overtime. Now T.Y. Hilton needs to grow into the Reggie Wayne role.

No. 4

Broncos (7-1)

Denver is an offensive juggernaut. But we still want to see them win a knockdown, drag-out defensive struggle.

No. 5

49ers (6-2)

Pass-rush specialist Aldon Smith is eligible to play. Eric Wright and Michael Crabtree are close to returning. And, the Niners are flying under the radar.

No. 6

Patriots (7-2)

Is it a coincidence Tom Brady threw for a season-high 432 yards with what looks like a 100 percent Rob Gronkowski back in the lineup? We think not.

No. 7

Saints (6-2)

Drew Brees made a couple of big mistakes and Rob Ryan just can't seem to beat his twin brother. Call it an off day.

No. 8

Bengals (6-3)

The story of the season. They're unstoppable with Good Andy Dalton and can't get out of their own way with Bad Andy. He can't throw three picks.

No. 9

Lions (5-3)

They are arguably the best offense in the NFL. They rank No. 3 in total yards (416), passing yards (317.9) and points (27.1) per game.

No. 10

Bears (5-3)

What an impressive performance Monday night from Josh McCown to put Chicago in a three-way tie for first.

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★ SECURITY GUARDS/FIRE GUARDS ★ Guard License Req'd ALL BOROS. Salary $8-$10/hr depending on exp. Call M-F, 10am-3pm: 1-718-264-7757

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Transportation / Travel

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Wanted TLC licensed drivers 6 days a week Saturdays and national holidays off).
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-Contact Igor at 917 560-0780 from 1 - 8pm.

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1 blk to E/F/J/Z line/Qns buses/LIRR

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★ AUTO MECHANIC - Must have Own Tools ★ Knowledge of Diagnostics a must. Brooklyn location. 516-779-3725.

DIESEL & GASOLINE MECHANICS School Bus Co. Full & Part time. Union Shop Apply in person: 1 Coffey St, Bklyn. ☎ 718-852-0286

$$$ FLOORING INSTALLERS $$$ For year round work! 2 yrs exp. Must have van, tools, plus Corporation/LLC, GL Insurance, pass bkgrnd & speak English. Call 631-942-4738 or email began@us-installations.com

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Training

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Legal Notices

Notice of Formation of One Source Medical Supply Group LLC. Art. of Org. filed with Secy. of State of NY (SSNY) on 08/26/2013. Office location: Queens County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 134-47 166th Pl. Suite 4G, Jamaica, NY 11434. Purpose: Any lawful activity.

This is the watch Stephen Hollingshead, Jr. was wearing when he encountered a drunk driver. Time of death 6:55pm.

Friends Don't Let Friends Drive Drunk.

Photo by Michael Mazzeo

U.S Department of Transportation

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